



DANGER

RISK IS INCREASED

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FOR SURGICAL PATIENTS

Wishing You a Smooth Recovery — Without DVT or PE

Be alert to the dangers of DVT (deep vein thrombosis) and PE (pulmonary embolism). A DVT is a blood clot that forms in a large vein, usually in the legs or pelvic area. A PE is a clot or part of a clot that breaks loose and travels to a lung. A PE can be life-threatening if not suspected, diagnosed and treated right away.

Surgery places people at risk of DVT and PE. There is an increased chance of DVT with general, gynecologic, orthopedic and urologic surgeries without preventive measures, and you may not always experience symptoms. Some people have additional conditions that can also increase their risk.

What Are the Symptoms and Signs for DVT and PE?

Often DVT and PE are silent and go undetected.

Symptoms of DVT include:

- Recent swelling of a limb
- Unexplained leg pain or tenderness
- Skin that is warm to the touch
- Skin redness

If you have any of these symptoms, call your healthcare provider immediately.

Symptoms of PE can include:

- Recent or sudden shortness of breath
- Chest pain
- Coughing up blood
- Sudden collapse

If you have any of these symptoms, it is an emergency and you should seek medical help immediately.

Prevention and Early Detection Are Essential

Compression stockings and blood thinner medications (anticoagulants) are often used to help prevent DVT and PE while you are in the hospital and after discharge. In the hospital, your health care team looked out for DVT and PE. Now, you and the people caring for you need to know what to look for.

You Can Reduce Your Risk

- Be on the lookout for symptoms and signs — if you develop any, contact your doctor immediately
- If your doctor prescribed compression stockings, wear them
- Continue any blood thinner medication as directed
- Keep moving as much as you can, even while in bed or sitting

To LEARN about the other risk factors for DVT, visit www.ThisIsSerious.org.
Take this information and ASK your health care provider about your risk and PREVENT DVT!